

Crediting Juice in the Summer Food Service Program

This guidance applies to meals and snacks served in the U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP). For information on the SFSP meal patterns and the vegetables/fruits component, resource the Connecticut State Department of Education's (CSDE) resource, [Requirements for the Vegetables/Fruits Component of the SFSP Meal Patterns](#), and visit the "[SFSP Meal Patterns](#)" and "[Vegetables/Fruits Component for the SFSP](#)" sections of the CSDE's SFSP webpage.



Pasteurized full-strength 100 percent juice (fruit, vegetable, or combination) credits as the vegetables/fruits component of the [SFSP meal patterns](#). At lunch and supper, juice cannot credit for more than half ($\frac{3}{8}$ cup) of the required $\frac{3}{4}$ -cup serving of the vegetables/fruits component (refer to "[Crediting Juice at Lunch and Supper](#)" in this document). At snack, juice cannot be served when milk is the only other snack component or when the only other component is a vegetable or fruit (refer to "[Crediting Juice at Snack](#)" in this document).

Juice may be fresh, frozen, or made from concentrate. The name of the full-strength fruit juice on the label must include one of the following terms: "juice," "full-strength juice," "100 percent juice," "reconstituted juice," or "juice from concentrate." The statements "natural" and "organic" do not indicate that a juice is full strength. Products that credit as 100 percent juice include:



- 100 percent juice including fresh, frozen, and made from (refer to "[Crediting Juice Concentrates](#)" in this document);
- frozen juice pops made from 100 percent juice (refer to "[Crediting Frozen Juice Products](#)" in this document);
- pureed fruits and vegetables in fruit/vegetable smoothies (refer to "[Crediting Pureed Fruits and Vegetables in Smoothies](#)" in this document); and
- juice from canned fruit served in 100 percent juice (refer to "[Crediting Juice in Canned Fruit](#)" in this document).

Juice products that are less than full strength, or that contain juice concentrates that are not fully reconstituted, do not credit in the SFSP meal patterns. Except for smoothies, juice cannot credit when used as an ingredient in another food or beverage.

For best nutrition, the USDA recommends serving whole fruits and vegetables (fresh, frozen, canned, and dried) more often than juice.

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Crediting Juice Concentrates

Juice concentrates credit only when reconstituted with water to 100 percent full-strength juice and served in the form of juice. Juice concentrates do not credit when used as an ingredient in another food or beverage product, such as gelatin or sherbet made with juice concentrates.

Juice made from concentrate is reconstituted with a volume of water that is several times the amount of the juice concentrate. A typical reconstitution ratio might be three parts water to one-part concentrate, but this ratio may vary for different juice products. Commercial juice products made from concentrate will list “water” as the first ingredient followed by the type of juice concentrate, for example, “water, orange juice concentrate” and “filtered water, grape juice concentrate.” Juice made from concentrate that is labeled “100 percent juice” credits when the SFSP sponsor follows the manufacturer’s specific instructions for reconstituting.

Concentrated fruit puree and concentrated juice are added sugars. They do not credit as juice unless they are reconstituted to full-strength fruit puree or full-strength juice.

Crediting Juice Blends

Juice blends made from 100 percent full-strength juices credit in the SFSP meal patterns. They may be a combination of full-strength fruit juices, full-strength vegetable juices, or full-strength fruit and vegetable juices.

Crediting Frozen Juice Products

The meal pattern contribution of frozen fruit juice (such as full-strength frozen juice pops) is based on the fluid volume prior to freezing. SFSP sponsors must request a product formulation statement (PFS) from the manufacturer to document this information.

For information on PFS forms, refer to the CSDE’s documents, [Product Formulation Statements](#) and [Accepting Processed Product Documentation in the SFSP](#), and the USDA’s documents, [Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program](#), [Summer Food Service Program](#), and [NSLP Afterschool Snacks](#), and [Tips for Evaluating a Manufacturer’s Product Formulation Statement](#). Frozen fruit juice counts toward the juice limit at lunch and supper (refer to “[Juice Limit at Lunch and Supper](#)” in this document).



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Crediting Apple Cider

Apple cider must be pasteurized 100 percent full-strength juice. Pasteurized juice has been heat-treated to kill harmful bacteria. Check labels, as some brands of apple cider are not pasteurized. Unpasteurized apple cider or juice cannot be served in the SFSP. Apple cider counts toward the juice limit at lunch and supper (refer to [“Juice Limit at Lunch and Supper”](#) in this document).

Crediting Juice in Canned Fruit

A serving of canned fruit may include the 100 percent juice in which the fruit is packed but cannot include water or syrup. For example, $\frac{1}{2}$ cup of canned peaches with juice credits as $\frac{1}{2}$ cup of the vegetables/fruits component. However, $\frac{1}{2}$ cup of canned peaches with syrup does not credit as $\frac{1}{2}$ cup of the vegetables/fruits component because the serving does not contain $\frac{1}{2}$ cup of fruit. The menu planner can credit only the amount of peaches without the syrup.

The juice from canned fruit counts toward the juice limit at lunch and supper if the menu planner credits the juice toward the vegetables/fruits component.

Juice from canned fruit does not count toward the juice limit at lunch and supper if the juice is planned as an extra noncreditable food. An example is $\frac{1}{2}$ cup of canned fruit portioned in a 5½-ounce container with the juice added after measuring the full $\frac{1}{2}$ -cup serving of fruit. For more information, refer to [“Offering Juice as an Extra Menu Item”](#) in this document.

Crediting Pureed Fruits and Vegetables in Smoothies

Pureed fruits and vegetables in smoothies credit only as juice in SFSP meals and snacks. Crediting is based on the volume (cups) of pureed fruits and vegetables per serving. For example, a smoothie that contains $\frac{1}{2}$ cup of pureed strawberries credits as $\frac{1}{2}$ cup of fruit juice. Pureed fruits and vegetables in smoothies count toward the juice limit at lunch and supper (refer to [“Juice Limit at Lunch and Supper”](#) in this document).

Crediting is based on the actual volume of pureed fruits and vegetables per serving. For example, a strawberry smoothie that contains $\frac{1}{2}$ cup of pureed fruit credits as $\frac{1}{2}$ cup of juice. SFSP sponsors must document this information with a standardized recipe or PFS.



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SFSP sponsors must document the amount of pureed fruits and vegetables per serving with a standardized recipe for smoothies made on site. Commercial products require a PFS (or a CN label, if available, for fruit and vegetable smoothies that also contain yogurt). For information on standardized recipes, visit the “[Crediting Foods Made from Scratch](#)” section of the CSDE’s SFSP webpage. For information on PFS forms, and CN labels, visit the “[Crediting Commercial Processed Products](#)” section of the CSDE’s SFSP webpage. The CSDE’s resource, *Crediting Smoothies in the SFSP*, summarizes the requirements for crediting smoothies in CACFP meals and snacks.

Juice Ingredients

Juice ingredients may vary among manufacturers. The Food and Drug Administration’s (FDA) labeling regulations allow 100 percent juice to contain added ingredients and still be labeled “100% juice.” Some 100 percent juices contain added ingredients such as artificial flavors, artificial colors (e.g., red 40, blue 1, yellow 5 and 6, and titanium dioxide), preservatives (e.g., sodium potassium sorbate), flavor enhancers (e.g., ethyl maltol), and emulsifiers or thickeners (e.g., glycerol esters of wood rosin and xanthan gum). The CSDE encourages menu planners to read ingredients statements and choose 100 percent juice without these added ingredients.

Crediting Juice at Lunch and Supper

The SFSP lunch and supper meal pattern requires $\frac{3}{4}$ cup of at least two *different* servings of the vegetables/fruits component. The lunch or supper menu may include two different vegetables, two different fruits, or one vegetable and one fruit.

If the lunch or supper menu includes juice and a vegetable or fruit, they must be two different kinds. For example, a lunch menu could contain apple juice and orange slices, but not orange juice and orange slices.

Juice limit at lunch and supper

Juice cannot credit for more than **half** of the vegetables/fruits component at lunch and supper. For example, a lunch menu that contains $\frac{1}{2}$ cup of apple juice must also contain at least $\frac{1}{4}$ cup of a vegetable or a different type of fruit (not apples). This limit applies to all sources of 100 percent juice, including:

- 100 percent juice (fresh, frozen, and made from concentrate) (refer to “[Crediting Juice Concentrates](#)” in this document);
- frozen juice pops made from 100 percent juice (refer to “[Crediting Frozen Juice Products](#)” in this document);



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- pureed fruits and vegetables in fruit/vegetable smoothies (refer to “[Crediting Pureed Fruits and Vegetables in Smoothies](#)” in this document); and
- juice from canned fruit served in 100 percent juice (refer to “[Crediting Juice in Canned Fruit](#)” in this document).

At least one of the two required servings of the vegetables/fruits component at lunch and supper must be a *whole fruit or vegetable* (fresh, frozen, canned, or dried). The two servings cannot consist only of juice. For example, juice and a smoothie cannot be the only two servings of the vegetables/fruits component at (even if one is made from vegetables and the other is made from fruits) because both credit as juice. This would exceed the juice limit of no more than *half* of the vegetables/fruits component.

Crediting Juice at Snack

The SFSP snack meal pattern requires two different components. Juice (including frozen fruit juice pops and pureed fruits and vegetables in smoothies) and a vegetable or fruit cannot be the only two snack components because both food items are from the same component (vegetables/fruits). For example, the following snacks are not reimbursable because they contain only the vegetables/fruits component:

- fruit juice and carrot sticks;
- strawberry smoothie and red grapes;
- frozen fruit juice pop and cucumber slices;
- canned pears in juice and apple slices.

Juice (including frozen fruit juice pops and pureed fruits and vegetables in smoothies) cannot be served when milk is the only other snack component. For example, a snack that contains a mango-peach smoothie and milk is not reimbursable.



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Resources

Accepting Processed Product Documentation in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Accepting_Processed_Product_Documentation_SFSP.pdf

Crediting Commercial Processed Products in the SFSP (CSDE) webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#CreditingCommercialProcessedProductsSFSP>

Crediting Foods in the SFSP (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Crediting Smoothies in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Smoothies_SFSP.pdf

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for the SFSP (CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Menu Planning for the SFSP (CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MenuPlanning>

Nutrition Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SFSP_NutritionGuide.pdf

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Veg_Subgroups_Fruits_Fillable_508.pdf

Product Formulation Statements (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf

Requirements for the Vegetables/Fruits Component of the SFSP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Vegetables_Fruits_SFSP.pdf

Resources for the SFSP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Resources_SFSP_Meal_Patterns.pdf

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Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/manufacturePFStipsheet.pdf>

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in the Child Nutrition Programs:

<https://www.fns.usda.gov/school-meals/smoothies-offered-child-nutrition-programs>

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For more information, visit the [SFSP Meal Patterns](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage, or contact the [Summer Meals staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Juice_SFSP.pdf.

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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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